

US.8 A18e7

REFERENCE

March 1944

# Consumers' guide



## In this issue:

VOLUME X, NUMBER 4

MARCH 1944

What's your score on food waste . . . . .	2	Save it . . . . .	10
Second beachhead . . . . .	3	Short weight—short change . . . . .	12
Gardens again . . . . .	6	News letter . . . . .	15
Womanpower on the swing shift . . . . .	8	Guide posts . . . . .	16

**ILLUSTRATIONS:** Cover Design by Nettie Weber. Photographs from: Extension Service, U. S. D. A. Information; p. 4, War Food Administration; p. 5, American Red Cross; pp. 10, 11, War Production Board; pp. 13, 14, WFA Drawings: pp. 8, 9, Ted Jung; pp. 6, 16, Nettie Weber.



# What's your score on food waste?

LEE MARSHALL  
Director of Food Distribution

A few evenings ago 81 men and women sat down to dinner in a small Midwestern town. They were civic-minded people gathered together to discuss plans of action to make their community more useful to the war effort. The meal served was simple—a regular three-course meal, fruit cup, followed by roast chicken and dressing, two vegetables, and pie for dessert. No notice had been served upon the guests that a graphic experiment in food waste was being conducted. But as the plates were cleared away the edible food left on each plate was assembled in the kitchen. When the meal was completed the food was weighed. It totaled 17 pounds and 4 ounces, approximately a quarter of a pound per person. When they were told about the food they had unconsciously wasted, there were few present who did not realize that at this rate they were throwing away almost a pound of food apiece every day, and they were shocked later to learn that plate waste is only one important origin of food waste.

In 1942 we, the people in this country, wasted more food than was needed by our armed forces and our lend-lease requirements for our allies. We wasted from 20 to 30 percent of what we produced. This

was wasted from the time the food crop matured until it reached the table. Due to exigencies of war, manpower shortage, and lack of farm machinery, quantities of food went to waste unharvested on farms. We lost some food in transit, and some of it bruised and spoiled was thrown out of retail stores; still more was scraped off of plates into the garbage pails of homes and restaurants. In addition food was lost in the kitchen through improper preparation, careless storage, and thoughtless purchases.

We have, in the past, been in a land of surplus food supplies and only this last year have we been called upon to recognize that our food basket is not bottomless.

Although our farmers have achieved the greatest production in the history of our country, the demands of war have made heavy inroads on these great crops. The relation of these demands to over-all total supply gives us cause to pause and revise many of our wasteful habits which were bred of surpluses.

We can get some pertinent advice from a letter written by George Washington in 1794. His instructions would be applicable to every housewife and every husbandman today. Consider

the following excerpts of his letter to a steward whom he was engaging to oversee his Mount Vernon home: On food losses, he admonished his employee that they occur, "by inattention and carelessness in suffering things to be wasted and destroyed in the family which might and ought to have been prevented." And he gave warning, too, that there was waste in poorly planned meals and hasty shopping. Such waste, he said, could be prevented "by providing no more for the use of the family, especially in the article of provision than is really necessary."

Housewives could take another hint from the First President's ideas on proper times for shopping. Washington noted: "the morning is the proper time for marketing. Let it be the rule therefore to go thither early and know your wants, provide accordingly." And he added in another part of the instructions to see that which is provided "be not suffered to spoil."

"There is an old Scotch adage 'That many mickles make a muckle' indicating that however trifling a thing may be in itself, when it stands alone, yet, when they come to be multiplied they mount high, which serves to prove that nothing, however trifling, ought to be wasted that can be saved—nor bought if you can do well without it."

Of our great farm production we civilians get the largest share, about 75 percent. Our armed forces get about 13 percent of our food production, our allies around the globe are receiving about 10 percent, and our territorial needs add up to about 2 percent. The farmer is pressed to the limit to grow his record yields. He cannot be expected to make up the differences.

All of us cannot be producers but we can have the effect of producing more food by the simple process of saving it. If we cut our plate waste, alone, down to 33 percent a day, we would be adding 25 million pounds of food each 24 hours to our domestic food supply, and that means—at the rate of 5 pounds per day per soldier—that we can contribute enough to feed 5 million men of our armed forces.

*Lee Marshall*

## CONSUMERS' GUIDE Issued monthly.

A publication of the War Food Administration, Washington, D. C. Editor, Ben James; associate editors, Alice Nichols, Anne Carter; contributing writers, Gean Clark, Virginia Fairfield, Gladys Solomon, Allan Spalding; art, Ted Jung. CONSUMERS' GUIDE is printed with the approval of the Bureau of the Budget as

required by Rule 42 of the Joint Committee on Printing. Official free distribution, 140,000 copies per issue. Additional copies may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D. C., 5 cents a copy, or by subscription, 50 cents a year, domestic; 70 cents a year, foreign. Postage stamps will not be accepted in payment.

Consumers' guide



# Second beachhead

**Relief food will root the allied beachhead in Europe. The United Nations Relief and Rehabilitation Administration, now organized, is facing a tremendous job. Here is how that job will be handled.**

TRY to imagine a corporation with about 700,000,000 stockholders and nearly 1,000,000,000 potential customers; with 44 nations represented on its board of directors; with many world-famous experts on its operating staff; and with a charter which pledges it to help build the future peace of the world. If you can picture such an enterprise, you have a rough idea of the United Nations Relief and Rehabilitation Administration—or UNRRA, for short.

UNRRA is now preparing to tackle one of the toughest, and one of the most important jobs of our times. Sometime this year, a flotilla of landing barges will pour out of England's harbors and strike at Europe. Almost immediately after our troops have established a beachhead and have started to push forward into Nazi-occupied Europe, large supplies of relief food, seed, and fertilizer will be sent to the people in liberated areas. These supplies will be ammunition, in a sense, the same as are bullets and shells, for they will enable the people to begin their battle against starvation and disease. The Army will, of necessity, handle the relief job at first, but it will later be turned over to UNRRA.

Although the exact relief needs of

Europe have not yet been determined, about 1,000,000 shiploads of food will probably be needed, during the first year, to meet even the minimum relief requirements in the "outer fringe" of Europe. This outer fringe area comprises the countries that are expected to come first in the order of invasion. It does not include the immense needs of Russia, nor those of China and the many occupied islands in the Pacific.

The "second beachhead" of relief food, therefore, is going to require careful and elaborate planning. That is why, following several months of negotiation, UNRRA has been created.

The first step in UNRRA's development was taken over a year ago. In December 1942, President Roosevelt told Congress: "The Nazis and Japanese have butchered innocent men and women in a campaign of organized terror. They have stripped the lands they hold of food and other resources. They have used hunger as an instrument of the slavery they seek to impose. Our policy is the direct opposite. United Nations' forces will bring food for the starving and medicine for the sick. Every aid possible will be given to restore each of the liberated countries to soundness and strength, so that each may make its full contribution

to United Nations' victory and to the peace which follows."

Since then, the common people of the United Nations have become increasingly aware of the tremendous relief needs that will exist all over the world when fighting is over. They have voluntarily indicated their willingness to cooperate in supplying these needs. As a result, a meeting took place last November which you probably remember from the news reels. The leaders of 44 nations came together and signed an agreement in the White House, pledging that as soon as any specific area has been liberated, its population shall be provided with food, clothing, and shelter. This agreement laid the foundation for an international relief agency which was called The United Nations Relief and Rehabilitation Administration, or UNRRA. Two days later, the delegates met again at Atlantic City and held the first council meeting of UNRRA.

UNRRA, in more ways than one, is something new under the sun. To begin with, it is the first such international relief agency in history. Do you remember how relief was handled during the last war? It was carried on chiefly by private relief agencies until the Armistice was signed. Then the Hoover Commission began its

work of supplying the stricken people of Europe with American food and clothing. Since relief needs then were not so enormous as they are now, the entire job was taken over by the United States.

Secondly, UNRRA represents a unique form of international organization. Each of the 44 nations has one representative, and one vote, on UNRRA's Council. This Council will meet twice a year. The Director General has top executive authority. It is up to the Council to establish a number of standing committees to take care of specific problems. So far, the Council has set up only four of these committees. The first, and most important, is the Central Committee, composed of representatives of China, Russia, the United States, and Great Britain. The Central Committee handles day-to-day problems that cannot wait to be acted upon in the regular sessions of the Council. A report of its decisions is submitted at each session for ratification by the Council. The other standing committees right now are a Committee for Europe, a Committee for the Far East, and a Supply Committee. The members of UNRRA's Council will establish committees on nutrition, transport, agriculture, health, finance, and repatriation sometime in the near future.

UNRRA is organized to deal with broad, over-all policies, as well as with more specific ones. It is a sort of international legislative chamber, with democratic representation and a chief executive to preside over it. The chief executive of UNRRA is Director General Herbert H. Lehman, whose administrative abilities have already been demonstrated in a variety of posts.

As soon as its staff is completely organized, UNRRA intends to get an immediate

start on solving the thousand and one problems connected with its relief program. They have already made a good beginning on many of these problems. For instance, the nutritional demands of all the people in occupied areas are being studied, as well as the nutritional adequacy of the total supplies which are expected to be available for relief. Relief officials calculate that relief food will provide enough calories to keep an ordinary adult alive and comfortable. Relief needs in this war are going to be so tremendous that supplies will have to be stretched somewhat so as to maintain a minimum of health for everybody.

Since certain groups among the liberated populations are expected to need different types of food, differential rations have been suggested. Under this system, special foods would be made available for nursing mothers and infants. Liberal rations—"emergency" rations ready to eat—would be prepared for the many thousands of people who will rely entirely on relief for their food. People who happen to have cooking facilities, but no food, will get ordinary, or "maintenance" rations. "Supplementary" rations will be sent to the many thousands of persons who have some food but not enough to keep above the level of starvation.

Relief officials have also tried to determine to what extent the agricultural resources of each occupied country have been destroyed by the war. These officials have tentatively decided that the liberated countries probably will be able to produce a fairly large percentage of their own food needs if provided with seeds and fertilizer and machinery. But productive capacity will vary greatly from country to country, since the war will have left some countries more devastated than others. Probably a

very few regions will be left nearly intact, others will have been "scorched" twice.

UNRRA may have to rely on current supplies for most of its food. It is expected that the member nations of UNRRA after having determined their individual requirements, will file requests through UNRRA for the amounts of food they need. On receiving these requests, UNRRA will present them to the Combined Food Board, which handles the allocation of all available food stocks, to get an "okay" on each requested allocation. After this the job of actual food procurement in the United States will be undertaken by the War Food Administration.

Many of the relief rations will undoubtedly be dehydrated. The Office of Distribution of the War Food Administration, and the Division of Liberated Areas in UNRRA, have made recent attempts to develop new forms of precooked rations. The Agricultural Research Administration has gotten the art of dehydration down to a fine point with a precooked ration that packs three square meals into a paper box  $3\frac{1}{2}$  inches square! Each box contains 15 compressed food tablets that will reconstitute into a daily ration of milk, soup, eggs, candy, orange juice, corn meal, and cornstarch pudding. The Division of Liberated Areas has helped to develop a precooked vegetable stew made up of beans and peas, soybean grits, barley, dehydrated diced vegetables, brewers' yeast, meat seasoning, and dehydrated soup powder.

You might think that the job of food supply alone would be big enough to occupy all the time and efforts of one agency. But don't forget that second "R" in UNRRA's name. Relief is going to be only one phase of UNRRA's work; the second phase will be the rehabilitation of



intact,  
vice.  
current  
is ex-  
NRRA  
individual  
through  
and they  
UNRRA  
Food  
of all  
"okay"  
after this  
in the  
by the

will un-  
Office of  
adminis-  
berated  
recent  
of pre-  
al Re-  
the art  
nt with  
e square!  
d food  
a daily  
orange  
udding.  
reas has  
vegetable  
soybean  
tables,  
and de-

of food  
ough to  
of one  
ond "R"  
ng to be  
ork; the  
ation of

T

contain

ee lives.

' guide

devastated territories. Indeed, the relief and rehabilitation operations of UNRRA go hand in hand. UNRRA is not intended to be a permanent charity organization. Its main purpose is to help populations that have been knocked out by the war, to get back on their feet again, as soon as possible. Director General Lehman stressed this in his acceptance speech: "In approaching the task which lies ahead one cardinal principle above all else should motivate our actions and govern our policies. That is the principle of *helping people to help themselves*. That principle must always be the guiding light of UNRRA. The nations and peoples who have suffered most directly from this war will not easily or willingly become recipients of relief assistance. Nations will not seek aid for a period or to an extent greater than is absolutely necessary to permit them to work out their own problems."

So, UNRRA will not confine itself to providing food, clothing, shelter, and medical supplies. It will ship rehabilitation supplies—seeds, raw materials, fertilizers, machinery, and fishing equipment—to countries which need them. UNRRA officials will assist in repairing the lighting systems, water power, transportation, and communication facilities within liberated areas. And UNRRA will also act as a sort of bureau of missing persons, helping the people who have been dislocated by the war to return to their homes again.

A large part of the time of the UNRRA conference at Atlantic City was spent in working out an equitable method of financing relief operations, so that each of the 44 nations may bear its fair share. Here is the method that was finally decided upon. Every government is going to contribute its part to the cost of relief. In order that poor and rich countries will not contribute the same amount of money, it was decided that each country which has not been occupied by the enemy shall contribute 1 percent of its national income. How much would this be for the United States? About \$1,350,000,000, approximately the amount we are spending every 5 days, right now. A pretty low investment, for a project that may shorten the war.

Altogether, the unoccupied countries should be able to contribute nearly \$2,500,000,000. This will not necessarily cover the entire cost of relief. It may be more than is needed, since most of the relief costs are expected to be paid by the countries getting relief. Many of these countries will be in a buyer position after the



The sign says in French and Arabic "This milk is given by the allies and distributed free to the children of North Africa by the American Red Cross."

war, and even though they may be in desperate need of tangible commodities, they will not have to be given any financial assistance.

Our investment in UNRRA seems particularly low, when you consider the important benefits it will bring to this country. Our farmers, workers, and businessmen all stand to profit from UNRRA's operations, which will help this country to secure markets after the war. For a nation is like an individual when it comes to buying goods. No nation can buy a commodity without money. And, naturally, no nation can earn money unless it produces something. In helping foreign countries to rebuild their agricultural resources, and their industries, therefore, we are helping to guarantee that there will be a large demand for American products and a prosperous world, rather than one susceptible to business and agricultural depressions, which, sooner or later, would spread to this country.

Indeed, in the immediate period after the war, UNRRA may well prove to be the lifesaver of American industry. American shoes, soap, textiles, and machinery will be badly needed for rehabilitation pur-

poses abroad. Our businessmen, having a ready-made market for their goods, will find it much easier to retool their factories and convert their businesses back to a peacetime basis.

The phrase "Relief Food Is a Weapon" has been used so often here at home that many people take it for granted, without realizing its true importance. But to our fighting men on the various foreign battle fronts, it is a profound truth. Our armies could not long continue their fight in these territories, with thousands of hungry demoralized civilians at their rear. Moreover, if disease and epidemics were allowed to get a head start, they inevitably would spread to our fighting forces and take a heavy toll among our soldiers. Relief is such a necessary military weapon, in fact, that the Army is now using critical materials and vital shipping space to bring in relief food and rehabilitation supplies to the peoples of each liberated area. UNRRA will eventually take over this task, whenever it is requested to do so by the Army.

As one of the stockholders of this great new world corporation, you can expect to receive big dividends from it some day.



## Gardens again—

**For fun, for food, for Victory. Two million more wanted this year**

WHEN the hickory bud curls out like a squirrel's paw and the dogwood blossom turns white, that's the time to plant your corn. And when the maples on your hill are in full leaf, get your beans in. A little after that get in your squash and pumpkins. And I know I don't have to tell *you* when spring comes, but just as soon as ever it does come and you can work your ground, plant peas, lettuce, carrots, and radishes. If we get some frost a little later on it won't do them any harm.

And so my farmer-neighbor talked on as we paged through the new seed catalogue together. Outside, the snow was still on the ground and the winter constellations still in the sky. Nevertheless, this old man who had planted gardens ever since he was a boy could each year find new excitement in the catalogue.

That night in late January we talked of slopes and soils, tools, seeds, fertilizer, and what insects would come, and what plants would need careful handling. On the sample order blank we listed almost everything in the catalogue, just enjoying ourselves, but knowing that before we sent the order, half the items would be crossed out and the other half reduced in quantity. For, if you've ever gardened,

you know your first sample order is just a spree, but the one you pay for is carefully calculated.

This planning with my neighbor happened a year ago. He had his garden and although there were 6 weeks without rain he had his crop. I and millions of others in cities and suburbs had our gardens too. As a matter of cold fact we had 20 million gardens. Families, friends, and neighbors together produced 8 million tons of food. If we valued gardens in a purely monetary sense, each garden was worth \$50 and the total value of home-produced food amounted to 1 billion dollars.

Most of us were brand new at it. We read the Federal and State bulletins on Victory Gardens, we listened to the radio programs, we took advice where we could find it. And now this year we're ready to spade the ground again and stake out the rows. We're ready to add another 2 million gardens to last year's total.

Needless to say, we learned from experience last year and this year's gardens will be the better for it. More seeds will germinate, fewer cabbage leaves will be eaten by insects, and more of our corn will have well-filled-out, tender ears. As "veterans" we shall persuade others to search out a plot of land and know the pride of seeing

young lettuce shoot out in green lines across the brown soil. The advice we'll give will be as plentiful as weeds in an old field.

But if we want to be truly helpful we'll remember how we ourselves were bogged down our first garden year by a welter of information. Every instruction loomed large, every caution scared us. So let's tell the new gardeners just a few of the basic principles we found out.

The first thing the novice will want to know about is how to select and plan the plot. Now, of course, the location of many family and community gardens will be predetermined—vacant lots bordering the town, open areas along railroad right-of-ways, backyards—so there won't be much here you can do.

But the *plan* of the garden, that's where the beginner frequently makes an error. First off, tell him to grow what he likes to eat, but not to let one crop monopolize the area. Then give him suggestions for approximate garden sizes. For instance, a 30 x 50 garden is pretty small but for a beginner with limited time it's probably all that can be handled and still be productive. But a garden 100 x 200 feet will take care of the needs of an average family during the entire growing season and will

A pl  
seeds  
<  
provi  
ing.  
room  
rambl  
cucum  
the g  
manag

Nex  
whole  
each  
to ha  
west  
early  
radish  
east s  
progre  
should  
the ga  
compa  
But re  
another  
related  
may b  
carrots  
by fall

In o  
good i  
Most  
and ne  
on th  
for th  
the fir  
plantin  
these f  
that ca  
at the  
danger  
both th  
you'll  
color  
phases  
on the  
and ref  
wait fo

Next  
prepara  
Everyon  
neighb  
the lan  
spade.  
that th  
subsoil  
ize the  
cities a  
to be a  
save yo  
ground  
the clo

**A place** for everything and everything in its place means money saved on tools, fertilizer, seeds, and plants. A tool shed need not be expensive or elaborate to be useful.

provide a surplus for preserving and storing. The larger garden will also allow room for potatoes, sweet corn, and the rambling plants, such as squashes, melons, cucumbers. But it's important to keep the garden plot to a size that can be managed.

Next, get him to draw a plan of the whole garden, labeling the rows with each type of vegetable and remembering to have the tall crops on the north or west side, the first plantings of small, early maturing crops such as peas, lettuce, radishes, and spinach, on the south or east side, with the later crops planted progressively across the area. The plan should also allow for constant use of all the garden all the time. Succession and companion cropping are very important. But remember, don't follow one crop with another of its kind. Instead, plant an unrelated crop. For instance, peas and beans may be followed by late cabbage, celery, carrots, or beets; early corn or potatoes by fall turnips and spinach.

In order to plan the garden, it's a pretty good idea to draw up a planting calendar. Most newspaper columns on gardening and nearly all Federal and State bulletins on that subject give approximate dates for the last killing frosts in spring and the first killing frost in autumn. Your planting calendar will revolve around these frost dates. If you learn the seeds that can be planted before the last frost, at the time of the last frost, after all danger of frost has passed, or not until both the weather and the ground are warm, you'll be better off than to rely on the color of the dogwood blossom or the phases of the moon. Tack your calendar on the wall over your tools and seed box and refer to it constantly. The seasons wait for no man—least of all, the gardener!

Next big job in good gardening is the preparation of the soil for the seeds. Everyone knows that if you can't get a neighboring farmer to come in and plow the land, you've got to get out with a spade. But maybe everyone doesn't know that the reason you spade is *not* to put the subsoil on top, but to break up and pulverize the topsoil. Since the topsoil of most cities and suburbs is very thin, don't try to be a Samson when you spade. Instead, save your strength for raking. Get the ground level and smooth and make sure all the clods are broken up. Now comes the

enrichment of the soil. Of course, you veterans took care of your gardens in the fall; you built up a compost pile; you put wood ashes on the plot; you hauled stable manure onto the land. Perhaps some of you even had the fun of fall plowing and of sowing rye broadcast on the land. This crop will be given back to the soil in the spring and will make an excellent green manure. But in spite of all this, you will need a chemical fertilizer. The special "Victory Garden Fertilizer" now available is adequate for almost any garden.

But don't waste it. Don't spread it all over the garden and thereby give the weeds an extra boost—as if they needed encouragement! Most experts recommend putting the fertilizer in two furrows bordering the plant line. Work it well into the soil and be sure the seeds or first young roots do not come into direct contact with it.

At last the ground is ready to receive the seed. Most seed envelopes give specific instructions for planting each type of seed. But there are a few general tips: Small seeds should be planted in the smoothest seedbed you can make, should be placed close together in the row, and covered lightly with soil. Large seeds can push through a less smooth bed. They should be planted thin, spaced evenly, and well covered with soil. Seeds which are planted in hills should be covered with a light sprinkling of straw or lawn clippings to prevent the formation of a hard crust.

Probably the one aspect of gardening which the novice has heard most about is cultivation. Actually, the agonies of hoeing and weed control have been grossly exaggerated. Sweat and muscle pain come only to those who wait too long before getting after those moisture-robbing, food-robbing, and space-consuming weeds. The time to hoe is before you can see the weeds.

However, don't cultivate deeply and don't cultivate when the ground is wet. As the plants begin to grow, it's well to spread straw or leaves between the rows. This will discourage weeds and will prevent drying out and caking of the soil.

Insect control is also a part of cultivation. Keep a sharp eye out, look under the first leaves of the vegetables, don't let the bugs multiply. Get 'em early and get 'em quick! Remember, there are two

main classes of insects—the suckers and the chewers. Use a stomach poison on the first, pyrethrum or nicotine on the second. More important, study some good garden handbook, such as Farmers' Bulletin 1371, Diseases and Insects of Garden Vegetables.

You can't prepare the soil, you can't plant, you can't cultivate without good tools. But don't be like the city slicker who bought himself a complete fishing outfit and when he got to the roaring creeks couldn't catch a fish for fear of hurting his expensive equipment. My farmer friend says that the best way to treat a hoe is to use it an hour a day.

You'll need a spade or spading fork, a steel rake, a sturdy hoe, strong cord, and a few stakes. Of course, a trowel is excellent for transplanting. A wheel hoe or garden cultivator is a boon in a large garden. In a community plot it's probably a good idea to have one or two wheel hoes which can be shared by all. But no tool, no matter how expensive or elaborate, will last long or be of much use without good treatment. Sun, soil, and rain affect tools like three evil demons. They'll leave tell-tale rust, they'll dull the blades, they'll split and roughen the handles. So, when a neighbor drops by some summer evening for a chat, just when you're making progress on the weeds, don't drop your tools and leave them to battle with the elements. Let your neighbor wait 5 minutes while you clean the soil off the hoe and rake, and hang them in the shed or basement. A new coat of paint on the handles will keep them from splintering. If rust has got on the metal parts rub them down with sandpaper. But most of all, use your tools.

If the novice has come along with us this far he's ready to start the adventure of gardening. He'll have fun, food, and a sense of having contributed to the international war food program.

#### **For More Help—**

Get these FREE bulletins from Office of Information, U. S. Department of Agriculture, Washington 25, D. C.:

*Victory Gardens*, MP 483.

*The Farm Garden*, 1673F.

*Hot Beds and Cold Frames*, 1743F.

*Disease-Resistant Varieties for the Home Garden*, 203L.

*A Victory Gardener's Handbook on Insects and Diseases*, MP 525.

*Growing Vegetables for Town and Country*, MP 538.

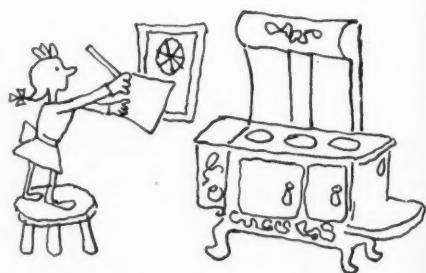
# Womanpower on the swing shift



**Ever since** Mom became foreman on the swing shift, she's been running the house like clockwork. She made a simple schedule, and everyone follows it easily.



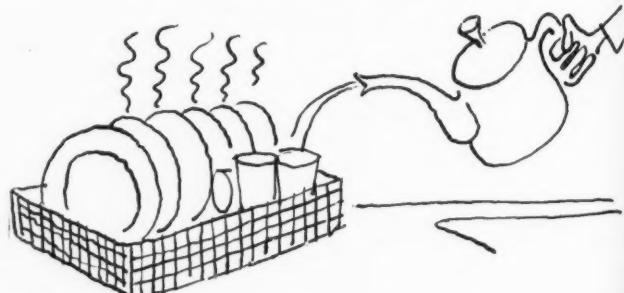
**Once a week** we shop for groceries and supplies. Several of us help carry bundles. In between times, the children stop at the grocers' on the way from school.



**Meals** are planned by the Nutrition Chart, and the suggestion list under it.

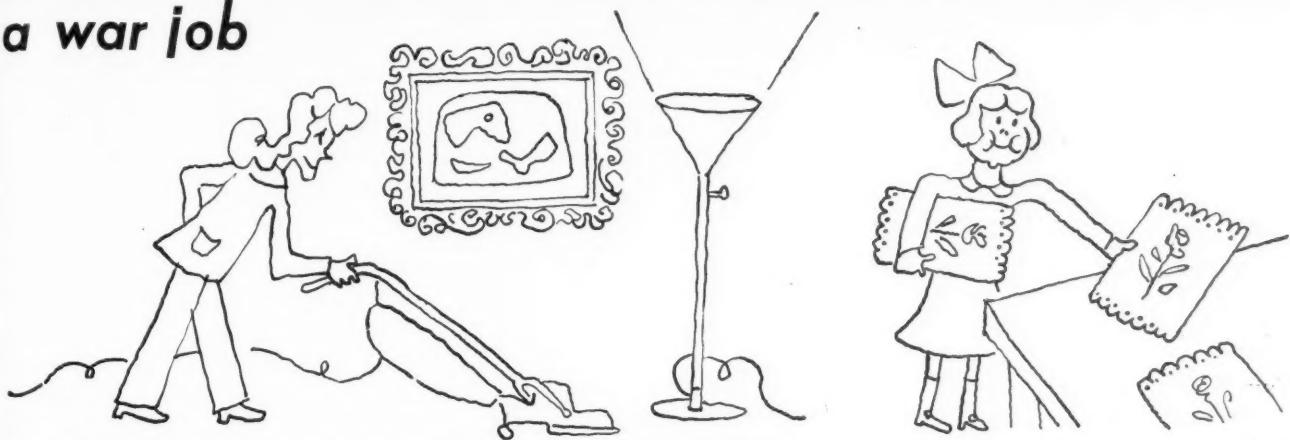


**Mom** rests when she gets home while others start the meal.

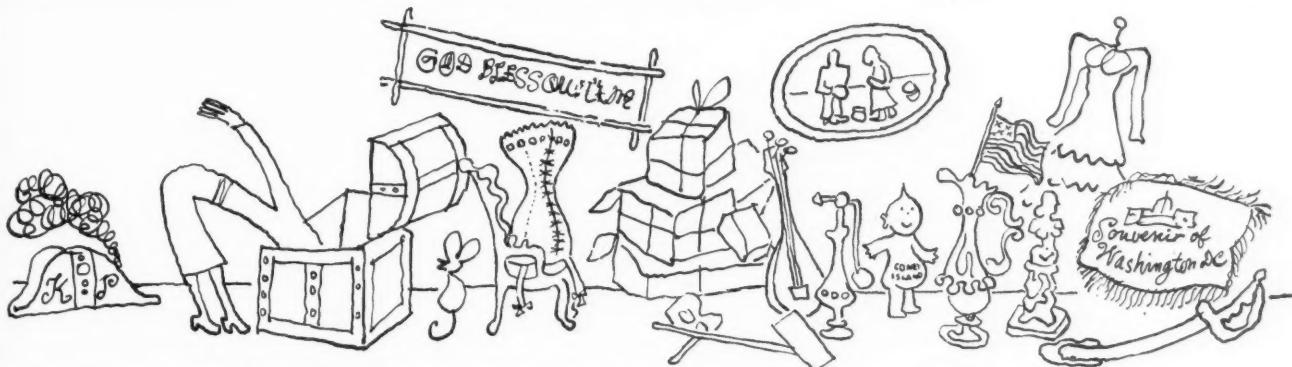


**We** don't dry dishes—just drench with hot water.

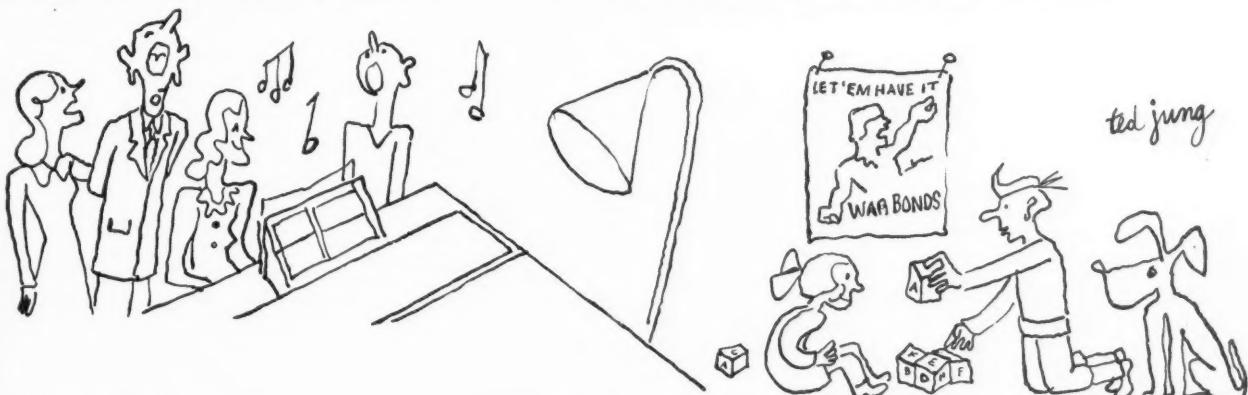
# Or how to keep house for your family and hold a war job



**Major housecleaning** jobs, such as vacuuming rugs, are spaced throughout the week. We use table mats to save laundering.



**Bric-a-brac** and knickknacks are packed in the attic for the duration, to simplify housecleaning and dusting.



**No fancy entertaining** for us. Friends drop in after supper for a game and a simple snack, but we don't fuss over them.



As **neighbors** see how well Mom manages, they're heading for war jobs, too.

# Save it!



**Salvage waste paper, tin cans, and fat. Send them to war as plasma containers, torpedo covers, and sulpha-drug solvents**

**Household** nuisances aren't nuisances any more. They're wartime necessities. Waste paper, tin cans, household fats, rags, and scrap metal aren't things to get rid of as quickly as possible, but stuff for the sinews of war—materials that must be cared for, collected, and started on their way to the battle fronts.

It's a task that knows no age limit. In Saint Clair County, Mich., the War Salvage Commando Corps, a body made up of school children in the first eight grades, has shown how ably youngsters can play a part. Totals for the first 2 months' collection tell the story—90,587 pounds of waste paper, 56,382 tin cans, 2,261 pounds of household fat, 113,593 pounds of scrap metal, 13,531 pounds of rags, and 29 jalopies.

To these children the previous month's

total, no matter how high, serves not as a goal to be met but one to be surpassed. Under the able direction of their teachers who bear the title of colonel, the program will be carried on throughout the entire school year. Each school is responsible for collections from all the homes in its district whether or not school children live in them. Through a reporting system under the leadership of the student who has collected the most salvage and who bears the rank of captain, totals for the month are assembled and reported to the colonel. She turns them in to Commando headquarters in the county school commissioners' office in Port Huron.

Salvage is also a community-wide responsibility. Many cities are already organized for the task. Cincinnati, Ohio, had just such an organization for regular

collections. Even so, city officials felt the need of a special campaign to round-up the extra waste paper stored away in people's homes—paper that could go to war. They put their heads together. The result was the successful Mop-Up Campaign carried on the day after Christmas.

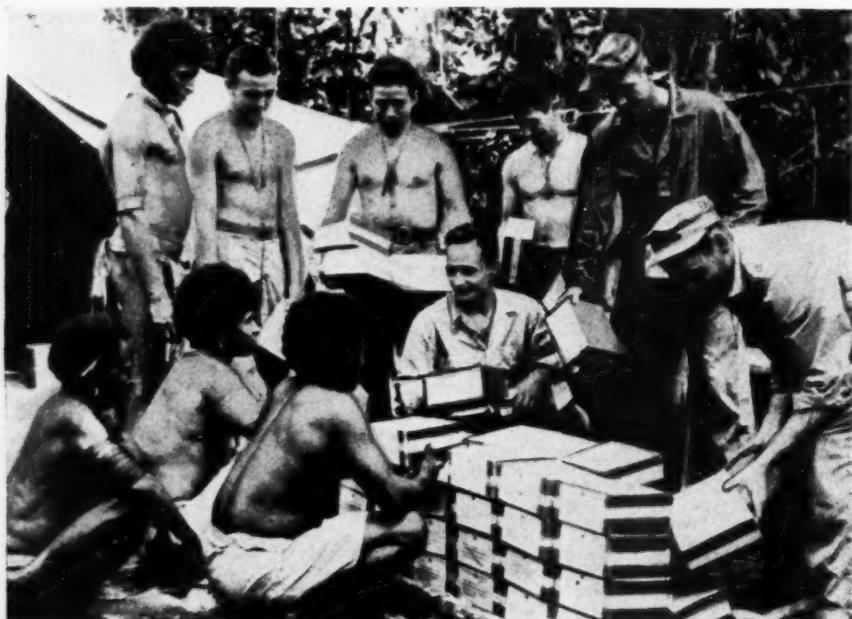
The mayor served as honorary chairman of the Mop-Up Committee and issued a special proclamation. Radio officials, members of the women's salvage committee, paper and cardboard manufacturers, Teamsters Union 100, public and parochial schools, charity waste collectors, the Accredited Waste Dealers Association, U. S. Army, University of Cincinnati, and its A. S. T. P. Commandant, trucking companies, clergy, Red Cross, Boy Scouts, and prominent industrialists were all represented on the committee. They made arrangements for the donation and use of trucks, for the details of collection, for the truck crew, for emergency repair equipment, and for a means of handling telephone calls to campaign headquarters.

When December 26th arrived, trucks started rolling in at 7:45 in the morning, crews came on at 8:15, and despite a cold, drizzling rain the collection got under way. Waste paper, a veritable avalanche of it, was waiting at the curb side to be picked up. Few indeed were the doorbells the Boy Scout crews serving under a soldier captain had to ring.

Telephone calls poured in from people who had large quantities of paper, too large to get to the curb. When these were collected some of them totaled 500 and 1,000 pounds each, some even made up whole truck loads.

During the noon hour, the Red Cross helped out by feeding workers hot meals from nine mobile canteens.

Total collections for the city of Cincin-



Blood plasma packed in proper cartons makes its welcome arrival at a jungle outpost.

nati a  
is 7.38  
three  
divide  
Army  
a scho  
Unive  
such a  
talkin  
their  
comes

And  
by w  
There  
membe  
pledge  
day un  
ized by  
is bac  
Group  
tions  
were r  
tive o  
another  
clubs a  
ice Ba  
present

Now  
in: 1  
that's  
add up  
ing in  
This is  
skids f  
too, a

How  
that t  
good 1  
the An  
12 pou  
tainer  
use it  
oversea  
chute  
troops,  
blood P  
and sun  
of it a  
into t  
All of  
Some i  
and th

Tin  
only ab  
—have  
the wa  
into th  
prevent  
for each  
into a  
gun. I

March

nati alone amounted to 1,679 tons, which is 7.38 pounds per capita. Eight thousand three hundred and forty dollars were divided among the U. S. O., Red Cross, Army Emergency Relief, Navy Relief, and a scholarship for a returning veteran at the University of Cincinnati. The drive was such a big success that residents are still talking about it, are more than ever on their toes, turning in all waste paper that comes their way.

Another outstanding job is being done by women's organizations in Michigan. There the "31 Club," enrolled 165,000 members in 1½ months. Each member pledged to save a tablespoonful of fat a day until the war is won. It was organized by Michigan's salvage volunteers and is backed by the Women's Home Salvage Group, including all women's organizations and many service clubs. Members were recruited chain fashion, a representative of each club of 31 members signing up another club. To those who formed the clubs a red, white, and blue "Salvage Service Bar," bearing the figure "31," was presented.

Now additional salvaged fat is pouring in: 1 pound a month from every member, that's what the 31 tablespoonfuls saved add up to—165,000 pounds a month, pouring in to swell Michigan's monthly total. This is a good start toward greasing the skids for the Axis. But it's your task, too, a task you can take on right now.

How? Let's look at the list of things that those salvaged materials make. A good part of the waste paper is used by the Army. They wrap trucks in it, put 12 pounds of it into bomb rings and containers for each 500-pound bomb. They use it in cardboard shell containers for overseas shipment, in camouflage, parachute flares, vests for fliers and ground troops, gas mask containers, cartons for blood plasma, fuel tank linings, wing tips, and sun helmets. The Navy uses 25 tons of it alone in blueprint paper that goes into the making of every battleship. All of this paper isn't just one kind. Some is rustproof, some is greaseproof, and then there are the waterproof types.

Tin cans—and these incidentally, are only about 1 percent tin, 99 percent steel—have just as important a role as paper in the war effort. The tin from them goes into the tin coats that torpedoes wear to prevent corrosion; into every battleship, for each one contains 76 tons of tin; and into a part of every cannon and machine gun. It protects the food a soldier eats,

and 100 percent pure tin encloses the individual morphine hypodermic syringe, called a syrette, which soothes the pain of a wounded soldier.

"How do I go about saving these things?" you ask. First of all, there's waste paper. Remember to keep it flat. Fold the newspapers flat the way the paper boy sells them and tie them in bundles about 12 inches thick. Lay magazines flat and tie them securely in bundles about 18 inches thick. Flatten out corrugated and cardboard boxes and cartons and tie them in bundles the same thickness as the newspapers. As for wastebasket paper, just pack it down in a box so that it can be carried.

Secondly, there are tin cans. After emptying can—wash, remove label. Remove both ends, or leave them attached by no more than a half-inch and fold them in. Flatten the can by stepping on it, and store in a dry place.

As for fat, it should be saved every time you cook. Save pan drippings from all roasts, all broiler drippings, bacon grease that can no longer be used in cooking, fat which has solidified on top of soups, stews, and gravies, all deep frying fats, whether vegetable shortening or lard that cannot be re-used, and fat from fish frying. Render solid fat by simmering it over a very low heat or by placing it in a covered oven dish while you're baking at low heat. Then strain it into a clean tin can. It makes no difference what color the fat is, brown-colored fat contains as much glycerine as the light-colored. Then store it in a cool place until you have 1 pound. Your butcher will give you two red points for it and send it on its way to war.

When your waste paper, tin cans, rags, and scrap metal pile up before it's time for the collection in your district, telephone your local salvage committee and ask that they be picked up. Thing to remember about this is, be sure you have substantial amounts of these things before you ask a collector to come for them. Tires, gasoline, and manpower are short, too.

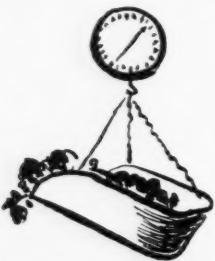
The time to get busy is now, for even yet we aren't salvaging all we need for the war. We should be saving waste paper, for instance, at the rate of at least 650,000 tons a month, instead of our average of 500,000 tons. The story is much the same for fats. We need 16,666,000 pounds a month and we're saving only 7,351,245 pounds. Tin collections, too, lag behind, and from all appearances we won't meet our goal of 480,000 gross tons this year.

Salvage is wartime job on the home front.



EVERY SOLDIER CARRIES AN INDIVIDUAL MORPHINE HYPODERMIC SYRINGE LIKE THIS, MADE FROM TIN YOU SAVE.

# Short weight—short change



*Dear Mrs. Consumer:* You're getting careless in your shopping these days—many of you. You don't watch the scales when things are being weighed. Often you don't even ask the price per pound. You just say, "How many points will it take?" It's been a long time, too, since I've seen you look for the net weight on a package, not to mention figuring the cost per pound. You're so glad to get what you ask for that you don't think of anything else. Pull yourself together, dear madam. I know how busy you are, but you should be used to ration stamps by now. Surely you can handle points and money by this time. You used to be a help to me in my work of seeing that everyone gets full weight and just measure when she buys. But since the war you've forgotten all about me—apparently.

Hoping to hear from you soon,

Your

*Weights and Measures Inspector.*

That, roughly, is what Weights and Measures Inspectors wrote to *Consumers' Guide* last month. Of the 48 State sealers and inspectors we questioned, 30 replied. They represent every section of the country—New England, the Middle West, the West Coast, the Southwest, and the deep South, industrial and rural regions. So we can accept their answers as giving a true picture for the Nation.

An inspector from a large eastern State sent us a comprehensive summary of the weights and measures situation, which

<sup>1</sup> Compiled from replies to an informal inquiry made by *Consumers' Guide*.

## *Is war making housewives wasteful? Read what Weights and Measures officials have to say about shopping for food in wartime<sup>1</sup>*

makes a good beginning for our study. He said "Weights and Measures bureaus have been encouraging the buying public, for more than 30 years, to become Weight and Measure minded and watch indicators on weighing and measuring devices. Merchants should also encourage the buyer to do this. It is added protection for them. By this, I do not mean that all our merchants are dishonest and need watching. The contrary of this is true; it will prevent many errors, carelessness on the part of some, human errors on the part of others, and dishonesty on the part of a very few. In our State we have a law which requires that all weighing and measuring devices be placed in full view of the purchaser.

### **"Count Your Change"**

"In many places of business we see a sign posted in front of the cash register, 'Count your change.' This does not necessarily mean the cashier or person registering the sale and making change is dishonest. The purpose is to settle disputes at the time of the transaction. This same reason should prevail in the case of quantity determination. It is better for buyers to know they have been treated fairly, rather than to have a suspicion that they did not receive what they paid for. It is far better for the merchant to send a buyer away 'quantity satisfied' than to have the buyer suspect he did not receive the quantity paid for. This suspicion is unfounded in most cases, but the damage is done, ill feeling is created between merchant and buyer. The buyer complains to the Weights and Measures bureau in his district. Merchants are unjustly embarrassed by investigations that could have been entirely avoided if they had showed the same interest in quantity determination as they do in change determination."

From one of the largest States in the Middle West comes this gentle rebuke to all of us who are interested in consumer education: "I know of nothing that has been more neglected as far as consumer education is concerned, than information on Weights and Measures." So here are a few of the questions we asked, and some of the answers:

We asked, "Are consumers more watchful of their weights and measures in wartime?" Almost two to one of the inspectors answered "No." In a few States your inspector thinks that being accurate about points has made you careful about weights and measures, too. And one inspector gives you A+ with, "Yes, this goes without question and is verified by the number of complaints received." He speaks for a New England State. Let's quote a few lines from some of the inspectors' letters. From the Middle West comes: "It appears that the consumer is much less watchful of weights and measures now than at any other time within my knowledge." From an eastern State with numerous war industries, "People with the new wartime wages buy with abandon and with an apparent sublime faith that all is well because they have the money to pay for what they want." He adds, however, that this doesn't apply to people with fixed incomes.

Another Midwest inspector says: "By observation we know that only a very small percentage of shoppers watch the scale or even inquire the price per pound. Their main thought seems to be how many points an article will cost."

From a Southern State comes this sharp reminder, "With full time employment and good wages, many consumers are careless. Every effort is being made to educate the public to insist that their purchases be weighed in their presence. There is no difference in being short-weighted and short-changed."

And  
cupie  
is a t  
wheth  
measu

Fro  
were  
receiv  
tion P  
would  
ures o  
time p  
who s  
heavy  
tende  
come.

Are  
Mrs. C

The  
by yo  
ernme  
time  
They  
you g  
quantit

**Low**

We  
cooper  
ures o  
nation  
thought  
there a  
now th  
is less.  
two sa  
said, w  
that y  
"In sp  
newspa  
our ins  
and M  
thought  
Too m  
that th  
measu

"I w  
compla  
weigh  
hand,  
ing co  
which  
on the

"In  
as dry  
eviden  
premed  
in whi  
of thes  
ounces

**March**

Another wrote, "Their minds are so occupied with the point system . . . that there is a tendency to overlook the price and whether or not they receive full weight or measure."

From another, "If the buying public were as particular in checking quantity received as they are in checking their ration points and counting their change, it would not only relieve Weights and Measures officials of one of their greatest wartime problems, but also benefit merchants, who suffer most of all. Their burdens are heavy and any relief and cooperation extended them by the buying public is welcome."

Are you beginning to feel a little guilty, Mrs. Consumer?

These remarks come from men appointed by your own State, county, and city governments to protect you, and at the same time to protect all honest merchants. They see that scales are accurate and that you get what you're paying for, at least in quantity.

### Low Mark for Consumers

We asked the inspectors about consumer cooperation with the Weights and Measures office. And on that question your national average was almost zero. Although a majority of the inspectors say there are more infringements of the laws now than before the war, your cooperation is less. Two States said you are good, and two said you are improving. The rest said, with varying shades of emphasis, that you are uninterested. For instance: "In spite of appeals . . . by radio and newspapers for complaints to be filed with our inspectors or our Division of Weights and Measures, we receive very few, although we know that violations exist. Too many consumers take it for granted that they are receiving correct weight and measure."

"I wish to say that we receive very few complaints from buyers relative to short weight or short measure. On the other hand, our inspectors are continually finding commodities sold in package form which do not contain the amount stated on the label."

"In certain packaged commodities, such as dry peas, beans, etc., we have found evidence of either extreme carelessness or premeditated fraud on the part of packers, in which connection we have found some of these packages running as high as 3 ounces short on a 1-pound unit."



**Lady, lady look at the scales! How much does your roast weigh? How much does it cost per pound? You can count up your points later. It pays to be careful!**

From another State inspector we received a table which tells a graphic story:

Violations of Weights and Measures law in this State were reported as follows:

	Violations
1939 to 1940 . . . . .	8,605
1940 to 1941 . . . . .	9,024
1941 to 1942 . . . . .	10,035

And to sum it all up, here's a masterpiece of understatement: "Consumer interest in weights and measures seems to be very low at present."

In spite of this gloomy picture of the national average on this subject, we know that *Consumers' Guide* readers and many other groups have long been weight-and-measure conscious. An analysis of a number of consumer study programs indicates that weights and measures legislation and its enforcement have been given special emphasis. Other reports show sample spot checks of neighborhood stores where purchases have been reweighed and short weight reported to Weights and Measures officials with the result that the offenders have been summoned to court. We aren't complaining about *you*, and neither are the inspectors. But how we wish there were more of you!

### Storekeepers get "Excellent"

We asked the inspectors about storekeepers. "Are tradespeople cooperative

in the enforcement of your Weights and Measures law?" we wrote. Their answer may surprise you when you think of what your storekeeper has had to go through since war began. He has had to take a post graduate course in price ceilings and ration stamps. He has had to struggle with shortages in commodities and gasoline, untrained help and not enough of that, new rulings about deliveries, and worst of all—complaints and demands from all of *you*. Yet inspectors 10 to 1 say: "Yes, storekeepers cooperate in enforcement of the law." Perhaps we consumers don't realize the great value of Weights and Measures service to honest merchants. Uncontrolled chiselers and swindlers would give cutthroat competition almost impossible to combat, but let's let the inspectors go on talking:

"The vast majority of merchants in this city are honest and fair in their dealings with the public. There are, however, some few who seek to enrich themselves by selling commodities by short weight or measure . . . ."

"As a whole, yes. Of course, always a few who do not willingly cooperate can be found and these are kept well in mind."

"Merchants are greatly handicapped by short help and scarcity of merchandise."

"In a metropolitan area, especially, you

will always find some unscrupulous dealers who try to take advantage of the public. They are not in the majority. Fortunately, the great majority of merchants are honest and welcome our inspection. They need this protection against unfair competition of the dishonest merchant just as much as the consumer needs it."

"Because of insufficient help and haste in packing foods there are probably more infringements as to incorrect weight than in peacetime."

"We find our reputable tradespeople here quite cooperative with us in our work. Of course, the cheat and crook in business does not cooperate and he is treated accordingly."

### Inspectors' Trials

After we had asked about you and about your storekeepers we asked the inspectors about themselves. "Are inspection services more lax in wartime?" we asked, "and what about getting scales repaired?" The answer to the first is a resounding "NO," in spite of manpower shortage and pressures from many sources.

There's no way of learning what these inspectors have saved us, but a few quotes from some of their recent reports give an idea:

"On June 30, 23 storekeepers paid fines ranging from \$5 to \$50 for selling commodities by short weight or short measure; the

cases of 2 were dismissed; 1 resulted in a suspended sentence; and 5 were adjourned. Inspectors testified that the cases were discovered during June while making routine purchases in the stores and markets. Among the violations charged were 2 for operating inaccurate gasoline pumps; 13 for the sale of poultry by short weight; 6 for selling meat, cheese, and fish by short weight; and 2 for using faulty scales."

"A county inspector of Weights and Measures, recently reported the prosecution of three coal dealers charged with the sale of coal short in weight. A large number of deliveries were reweighed over the municipal-owned scale. One delivery of four tons was short 190 pounds; another of three and three-fourths tons was short 380 pounds; and the third delivery of one ton was short 450 pounds."

Repairs of scales have been extremely difficult nearly everywhere. Skilled mechanics are scarce, and extra parts hard to get. New scales are almost out of the question. Some storekeepers have taken advantage of this situation and that has made more work for the inspectors.

### An Old Story

The peacetime Weights and Measures story has been told many times in *Consumers' Guide* and elsewhere. It's the same in wartime only more so and officials know that shoppers haven't learned the lesson yet.



**Here she goes again!** Thinking only of her points! Weights and Measures officials say this is typical of wartime shopping all over the Nation. The main interest is—points.

Here are the primary rules for an economical shopper in peace or wartime:

### Always—

Look for the inspector's seal indicating that the scale has been tested recently. See that the scale starts at zero. Know the *unit* price, that is, price per pound, dozen, etc.

Watch the scales while your purchase is being weighed and be sure that the seller allows time for the indicator to come to rest after your purchase has been placed on the scale.

Check weight of chickens, fish, meats, etc., before cleaning or trimming. It is impossible to check afterward. Call attention to short weight as quickly as you would to short change.

Read the *net weight of contents* on packaged goods. If you cannot check it immediately reweigh it at home.

If you think you have received an incorrect amount of any purchase, call your storekeeper's attention to it first, and then call your Weights and Measures office. He will welcome your call and investigate as soon as possible.

Do your share and your Weights and Measures official will do his. That is one of the ways democracy works . . . and like many other things in democracy, it works best when everybody helps.

### P. S.

And now a postscript to the letter we began with:

Your Weights and Measures laws, properly enforced, are important factors in price control. If you do not know what these laws are in your State, county, or town, urge your club or group to find out. Get your club to consider such questions as: How adequate are the Weights and Measures laws which provide consumer protection in our community? Is the appropriation for enforcement sufficient? Are the laws honestly enforced? Is the public awake to the need of effective laws, adequate appropriations, and competent officials to safeguard the public?

### Help From Experts

Some of our State offices have issued practical little booklets which include local regulations, tables of weights and measures, and cautionary shopping guides. Why not get one and study up on your "home work"? We want you to be experts in managing our country's largest industry—Housekeeping.

# CG news letter

## last minute reports from U. S. Government Agencies

January 22 through February 21

**Record Breaker** right now is cabbage. Over 500,000 tons of it have been grown by farmers in the South this winter—50 percent more than 1942's record crop. This means that even when the needs of our armed forces are filled there will still be a huge supply of cabbage for civilians, far more than we've ever had before at this time of year. The War Food Administrator has designated cabbage as the Victory Food Selection from February 24 through March 4. There will be plenty, however, throughout March.

This is good news for consumers when many foods are scarcer, as cabbage is one of the important vegetables in our diets. Good news, too, is the fact that most of this cabbage is in the form of good round heads, from 2 to 4 pounds in size.

**Time for a New Tire** you think? Well, whether or not you'll get one, from now on, will depend not on how far you've driven on the old tire, in a given month, but on the purpose for which you drive your automobile, says OPA. Drivers doing work most essential to the war effort, to public health, or to safety will come first.

**A Little Less Cheese**, about a pound less per person, will be available for American consumers in 1944 in comparison with what they had in 1943, according to the War Food Administration. The quantity available will be mostly Cheddar cheese (plain American cheese), the kind consumers, as a whole, like best. Cheddar is also the type most suitable for war export purposes. Its moisture content is low, it ships and stores better than other types of cheese, it contains a high proportion of milk solids, and it is an important food in the diet of people who don't get enough fluid milk.

A new milk order will help to augment supplies of Cheddar cheese this year. There'll be less of other types such as Limburger, cream, Roquefort, and Italian, as a result—but more Cheddar, which is the kind most needed.

Where is the cheese going? Some of it will go to servicemen. They've been al-

located about 5 million more pounds in order to provide the milk nutrients needed by our armed forces overseas. More cheese than last year is going to our allies and to the Red Cross which helps to feed United States Prisoners of War.

**Lost Ration Coupons** for fuel oil won't mean you'll do without fuel to keep you warm. While OPA is investigating loss or theft of oil ration coupons, the consumer may obtain an interim coupon sheet from his local War Price and Rationing Board.

**It's Spinach!** Lots of it—30 percent more than last year. Barring unfavorable weather there'll continue to be an abundance of this vitamin-and-mineral-rich vegetable all through March. Prices are reasonable. Let 'em eat spinach!

**"Best Buy" Egg Chart.<sup>1</sup>** Homemakers should now start watching for better egg buys that they may have been passing up. Here's a chart which shows when medium and small eggs are as good or a better value than large eggs.

When large Grade A eggs cost	Medium Grade A eggs are as good or better value at	Small Grade A eggs are as good or better value at
\$0.40	\$0.35	\$0.30
.45	.39	.33
.50	.43	.37
.55	.48	.41
.60	.52	.45

**Gasoline Rationing** has been somewhat revamped by OPA. Individual motorists will soon get their gasoline coupons through the mail instead of in person from their local boards. Carefully guarded issuing stations located in population centers throughout the country will send them out.

<sup>1</sup> Based on Federal inspection, minimum weights of eggs per dozen in the three size categories are: To classify as LARGE, eggs must weigh 24 ounces or better per dozen; MEDIUMS, 21 ounces or up to 24 ounces per dozen; SMALL, 18 ounces up to 21 ounces per dozen.

An important phase of this program is that thefts of ration coupons from local War Price and Rationing Boards, which last year cost the nation 142,000,000 gallons of gasoline, will be eliminated.

### CONSUMER CALENDAR

**Processed Foods.**—Green Stamps K, L, M valid through March 20. Blue stamps A8, B8, C8, D8, E8 in Book 4 good for 10 points each through May 20. A similar number of points will become valid in April. Blue tokens, valued at one point each, will be used to make change, for these, as well as for green stamps.

**Meats and Fats.**—Brown stamps Y and Z expire March 20. Red stamps A8, B8, C8 in Book 4 good for 10 points each through May 20. D8, E8, F8, become valid March 12, and are good through May 20. G8, H8, J8, become valid March 26. Red tokens, worth 1 point, will be used to make change for these, as well as for brown stamps. One point green and brown stamps may also be used for change during the first weeks of the token system.

**Sugar.**—Stamp 30 in Book 4 good for 5 pounds through March 31. Stamp 40 in Book 4 good for 5 pounds for home canning, valid through February 28, 1945. A maximum of 20 additional pounds per person will be made available for canning later, on application to local boards.

**Shoes.**—Stamp 18 in Book 1, and Airplane stamp No. 1 in Book 3, each good indefinitely for one pair of shoes.

**Fuel Oil.**—East and Far West: period 4 became valid February 8. Period 5 becomes valid March 14. Good through September 30. Midwest and South: period 4 and 5 valid for remainder of heating year.

**Stoves.**—Apply at your local ration board for purchase certificates.

**Gasoline.**—A-9 coupons (3 gallons) became valid February 9 in 17 Eastern States and District of Columbia. Must last through May 8. Outside that area, A-10 coupons (3 gallons) are valid through March 21. A-11 (3 gallons) become valid March 22. Good through May 21.

# GUIDE POSTS



## V . . . — Mail

*To: Office of Food Administration  
Washington, D. C., U. S. A.  
From: Somewhere in Italy*

Gentlemen: Since the day I heard Capt. Hall, Medical Officer of the 366th Infantry, say that "potato peelings contain valuable food content," I have wondered why the Army fails to make use of the food value in them. Thousands of pounds are given to waste each day when those peelings could be used as a substitute for some of our other foods.

If potatoes are washed thoroughly before the coat is removed, the peelings may be used as a substitute for rice, bread, etc., in puddings. When I was a mess sergeant, I prepared this dish, and my "customers" thought it very delicious. I call it "Sot Pie" (Scraps On the Table).

A very good substitute for pretzels, potato chips, or crackers may be made by frying peels in a deep pot of hot fat until they have the desired crispness and color. I call them "TACS" (preTzel, potAto-chips, and craCkers).

I suggest that you try a dish of potato peelings. You'll like it.

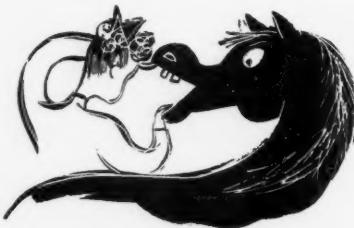
(Signed) Robert Hollingsworth, Corp.



## Angel Food

With eggs rolling into market at a fast clip, homemakers can again turn their

cooking talents toward angel food, meringue, soufflé, and other fluffy egg treats. Here are some hints on using egg whites. A chilly egg separates most easily because the white is firm and the yolk less likely to break, but the white whips best after the egg has warmed up to "room temperature." Whip the white till it holds up in a soft peak and looks glossy, but not so long that it looks dry. If you use an electric beater, set it at moderate speed. Both acid and salt help egg whites hold stiffness, so add a pinch of salt or cream of tartar at the start of whipping. But don't let even a particle of fat get in—and remember that the yolk contains fat—because it will prevent the white from beating stiff. Low or moderate heat is the rule for cooking egg white dishes.



## Look Gift Horses in the Mouth

If your soldier overseas has a tourist's passion for souvenirs, and sends you "slips" or cuttings from plants, watch out. They may be dangerous and carry pests. Even more dangerous, because there is so much more of it, is the dead and dry material used in packing souvenirs to prevent breakage in the mails. A reduced staff of Federal inspectors may miss some material that ordinarily would be destroyed. They have already found pink bollworm larvae in gift packages bound for homes in the Cotton Belt. There is real risk that gift parcels may introduce the rice borer and other insects as troublesome as the Japanese beetle or Hessian fly. So burn any packing material that comes with gifts from abroad, lest they bring in dangerous and unwelcome guests.



## "As You Sow, So Shall You Reap"

You'll be able to plant a well-planned patch this year. Even though you may not be able to find some of the special varieties, there will be plenty of all the necessary vegetable seeds for Victory gardens and farm gardens. U.S. civilians will receive 275,252 pounds of vegetable seed, or 70.3 percent of the supply.

Other shares in the estimated 391 million pounds of seed will go to our allies, liberated areas, exports and shipments to U.S. territories. Seed shipping makes good sense, because fresh vegetables are bulky and perishable. One ounce of tomato seed will grow like Jack's beanstalk, and produce 5 tons of food.

## Are Your Pipes Frozen?

If you were a "helpless householder" in pre-war days, and are now serving as general home mechanic, here's help from engineers of the U. S. Department of Agriculture on what to do when you wake up to find the pipes frozen solid after an extra cold night.

In thawing a frozen water pipe begin at the faucet and work back. Never start warming the middle of the pipe for the expansion of melting ice in the midst of solid ice may burst the pipe. Have faucets open so that water can flow out as the ice melts. The simplest and safest way to warm pipes is to wrap them with cloths, set a pail underneath, and then pour boiling water onto the cloths. When thawing a waste or sewer pipe work from the lower end up to permit water to drain away.

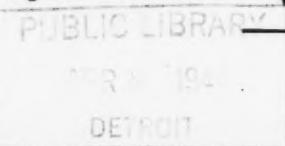
## LISTEN TO CONSUMER TIME

**Every Saturday—Coast to Coast**  
over N. B. C.      12:15 p. m. EWT  
                        11:15 a. m. CWT  
                        10:15 a. m. MWT  
                        9:15 a. m. PWT

*Dramatizations, interviews, questions and answers on consumer problems. Tune in.*

*Brought to you by the*

**WAR FOOD ADMINISTRATION**



**Consumers' guide**

U. S. GOVERNMENT PRINTING OFFICE: 1944

**Reap"**

planned  
may not  
varieties,  
necessary  
seeds and  
receive  
or 70.3

million  
ies, lib-  
ents to  
makes  
ables are  
ounce of  
's bean-

holder"  
erving as  
elp from  
ment of  
hen you  
en solid

begin at  
ever start  
for the  
midst of  
e faucets  
s the ice  
way to  
n cloths,  
our boil-  
thawing  
the lower  
n away.

IME

T

T

WT

and answers

TION

s' guide